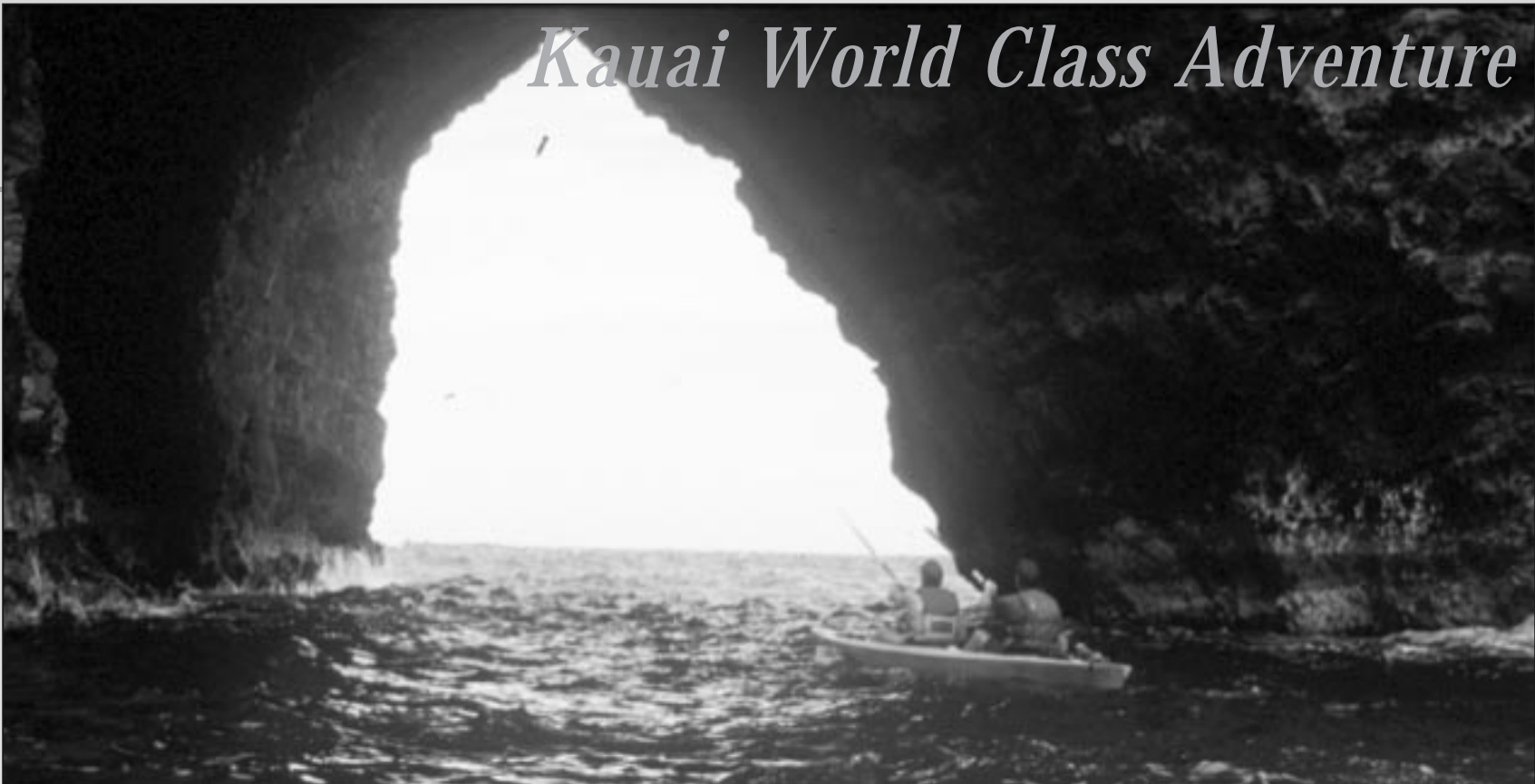


# LIBERTY CALL

## Kauai World Class Adventure



IC2 (DV) Daniel Dietrick and DC3 (DV) Gregory Howe, both assigned to Seal Delivery Team 1, paddle through a sea arch as they depart the cathedral-like sea cave on the Na Pali coast of Kauai. The awesome view is accessible only by sea and is a favorite spot with kayakers.

### Adventure to remember

By Danny J. Gray  
*MWR Outdoor Recreation*

The destination for our group of 18 was Kauai and the theme of the trip was adventure. However, this weekend was not an impromptu affair. The liberty/outdoor recreation staff had been planning this activity for over four months. The MWR staff at Barking Sands was instrumental in organizing the weekend. In particular, Gregory Seip, Sally Ben and Sarah Poteete provided invaluable assistance for cottage reservations, kayaks and accessories and vehicle support. Without their kind efforts, our adventure could not have occurred.

The agenda for the program had been developed based on a core of experienced participants. The majority of the 18 individuals had participated in one or more of our previous programs. Consequently, our adventure goals were ambitious. The activity that stirred the most interest was a kayak trip on the Na Pali coast. To kayak the Na Pali is a world class adventure in which individuals pay as much as \$140 per person. However, since everything was organized and coordinated by our group, cost per person was \$25 and was covered by a Navy Personnel Command (NPC) millenium grant. Additionally, we had planned hiking excursions to locations where few tourists venture.

The liberty/outdoor recreation program at Pearl Harbor offers a variety of day adventures on Oahu as well as extended trips to other islands. The next outer-island adventure will be the Dec. 30, 2000-Jan. 1, 2001 Millenium Adventure to the Big Island. Upcoming day adventures will include a "learn to surf kayak" program on Nov. 11, an intermediate hike on Nov. 18 and a

beginner hike on Nov. 19. For additional information or to sign up for future trips, call Ken Cornia or Dan Gray at 473-0899 or 473-5443.

### A weekend in Kauai

By ICFN James Zaros  
*USS Russell*

Our weekend started out in the morning as we caught Aloha Airlines direct to the Garden Isle. After a 25-minute flight, we arrived at Lihue. Compared to Oahu, Kauai is much more rural. Our first day took our group to the peaks of the Na Pali coastline that would be our kayaking route in the next days. After a three-mile hike, we made it to the trail's end and enjoyed spectacular views of steep mountains falling to the sea. The views from the peaks were breathtaking, leaving a yearning for the sight of these same peaks from sea level. The short hike was a bit more challenging for the return, requiring a 1,500-foot elevation gain. The trip out was rather humbling for a few of our group.

The next day, half of our group departed on their way to kayak the incredible Na Pali coastline. They started out at 8 a.m. with four tandems and two single kayaks. The sky was somewhat overcast, but by the afternoon the sun made a brief appearance. As for the rest of our group, the remaining six of us set out on our day of hiking and capturing the views of Kauai's Waimea Canyon. It is fantastic - with a grand canyon look and feel to it. We rounded out the day by picking up the first kayaking group. After their 16-mile paddle, most were physically aware of what they had accomplished and yet they talked of impressive sights of sheer mountain faces, conquering rough seas and bouts of seasickness.

The next morning was our

time and we started out a little earlier, ensuring that we would have ample time to explore along the way. We had our three tandem kayaks in the water by 7:30 a.m. The morning sky was overcast as the previous day had been, but we knew the afternoon held sunshine. We were raring to go! Just as we pushed off, it started to sprinkle. But no worries in Hawaii - if you don't like the weather, wait 10 minutes.

The views started where the road ended; there is no automobile passage along this coastline. A good bit of the coast is hikeable though. We were finally experiencing the Na Pali. There were no shortcomings to its grandeur. Along the way we landed several times - to nourish ourselves, flex our bodies and capture some photos of the views. While the conditions were probably on the calmer side, it is difficult to get the camera shot you want while paddling on the open sea.

One special place along the way that is only accessible by sea we referred to as the cathedral. The cathedral was formed when the ceiling of a lava tube collapsed, forming a natural skylight. The light filtering into the sea caused a striking blueness to the water. While hard to explain in words, and pictures only attempt to capture, to actually experience this Mother Nature's handiwork is truly awesome. Another notable site along the way was Lomi Lomi Falls in Miloli'i Valley. Created by a natural spring, the falls provided a refreshing shower that we all enjoyed.

We also used our snorkels at a number of ideal spots. We saw sea turtles, a manta ray, dozens of different fish and even saw some dolphins jumping. I would have loved to see a great whale, but they prefer these waters off Kauai in the winter. We finished the Na Pali coast by 3 p.m., enjoying a pleasant landing at Polihale State Park.



(Left) ICFN James Zaros, USS Russell, and DC3 (DV) Gregory Howe, Seal Delivery Team 1, hike the Pilea Trail enroute to Alakai Swamp in Kokee State Park.

(Above) IC2 (DV) Daniel Dietrick cools off at Lomi Lomi Falls in Miloli'i Valley.



(Above) DC3 (DV) Gregory Howe and IC2 (DV) Daniel Dietrick paddle through a sea arch near Hanakoa Valley on the Na Pali coast of Kauai.

(Left) ICFN James Zaros, USS Russell, enjoys some snorkeling on the west end of the Na Pali coast. Sea cliffs in the background rise to 2,000 feet.



Photos  
by  
Dan Gray

(Right) ICFN James Zaros (foreground), USS Russell, Ken Cornia (middle of photo), MWR outdoor recreation at Pearl Harbor, and DC3 (DV) Gregroy Howe (background of photo), Seal Delivery Team 1, hike the Awaawapuhi Trail in Kokee State Park.

